



FRIENDS OF THE  
NEEDHAM ELDERLY, INC.

# Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.  
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • [www.town.needham.ma.us](http://www.town.needham.ma.us)  
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

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## CHRONIC DISEASE SELF-MANAGEMENT PROGRAM INFORMATION SESSION

**Tuesday, May 8, 2007**  
**9:30-10:30 am**

Location: Avery Crossings Assisted Living  
110 West Street • Needham

Is living with a persistent health condition or a chronic disease preventing you from really living? The Chronic Disease Self-Management Program was developed by researchers at Stanford University Medical Center. Come to the information session to see if the following 6 week class is for you. Avery Crossings has agreed to lend us one of their beautiful rooms to accommodate this talk.

## 6 - WEEK CLASS BEGINS

**Tuesdays, May 15, 22, 29,**  
**and June 5, 12, 19**  
**9:30 am-12:00 pm**

Location: Avery Crossings Assisted Living  
110 West Street • Needham

The Chronic Disease Self-Management Program was developed by researchers at Stanford University Medical Center. Learn strategies developed and tested by researchers that will help you manage and decrease your chronic pain! Register today by coming to the information session or by calling the Needham Council on Aging, (781) 455-7555

## READING COMES ALIVE

**Wednesdays, May 2, 16, 23, 30**  
**1:30 - 2:30**

Location: Needham Senior Center

Ms. Sylvia Elvin is a retired actor and has been in numerous plays. She has a wonderful voice and will read aloud from various books, such as Agatha Christie short stories, The Odyssey, The Bible, The Koran and others. Please bring your ideas of books that you would like her to read in the future. There is no fee for this program. For further information please contact the Needham Senior Center at 455-7555.

## TEMPLE BETH SHALOM SENIOR CITIZEN LUNCHEON

**Thursday, May 3, 2007 • 12:00 pm**  
670 Highland Avenue

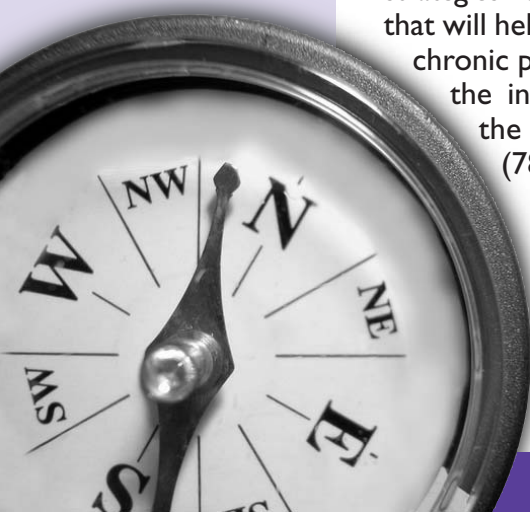
Join your friends for a wonderful senior luncheon sponsored by the Sisterhood of Temple Beth Shalom. Lunch, Chinese food is being donated by area businesses and music will be provided by the Songsters. Please call the Needham Senior Center to sign up at (781) 455-7555.

## ART HISTORY FEATURING THE WORKS OF VINCENT VAN GOGH

**Monday, May 7th • 2-3 pm**

Location: Needham Public Library  
Community Room

Please join us for an enjoyable afternoon of art history featuring the works of Vincent Van Gogh. Van Gogh's life is one of the most dramatic, romantic, and tragic stories in all of art history. His paintings are passionate, beautiful and they succeed in sharing with us, briefly, the experience of his madness. His career was very short but his gifts and his influence very great. Join us for a look at his work and the brief but brilliant flame that was his life. Fee for the event is \$5.00. To sign up please call the Needham Senior Center at (781) 455-7555





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**The mission of The  
Needham Council on  
Aging is to respond to  
its older residents'  
needs by providing a  
welcoming, inclusive,  
and secure environment  
where individuals and  
families benefit from  
programs, services and  
resources that enhance  
their quality of life and  
provide opportunities  
for growth.**

## DEAR FRIENDS,

I hope you are enjoying the new Compass. We've been hearing some very positive feedback of the new and improved format. This Compass is for the benefit of all our readers, so if you have thoughts or comments that you would like to share, please feel free to send me an email or give me a call.

I am happy to announce and share some new changes on the Friends Board. We are excited to have Jan Dorsey as our new Vice President and also would like to extend a warm welcome to new board members Ann DerMarderosian and Gina Herron.

In addition, we also would like to thank all of our sponsors for their support of the Compass. As you may notice this is our first issue with advertisements. With the generous contribution of our sponsors, it helps us to subsidize some of our costs for sending the Compass out to over 4000 Needham households!

The Friends of the Needham Elderly is a 5103© private nonprofit organization whose mission is to support the Needham Council on Aging. We are responsible for the funding of the Compass, and are the primary group relied upon to raise money for the new senior center.

Warmest Regards,

*Michael*

Michael C. Tow, President  
The Friends of Needham Elderly  
617-734-4400  
[www.newbostonfinancial.com](http://www.newbostonfinancial.com)

## DEAR FRIENDS,

Knowing what programs will be highlighted in this edition of the Compass I hope that you will be excited and encouraged to participate in one or more of the opportunities being offered this spring. The staff strives to respond to your areas of interest and concern by providing you with an array of possibilities that will meet your varied needs. Keep in touch with us as you avail yourselves of what is being offered. Feedback is always helpful. Through the survey completed this past year we learned that opportunities for outdoor activities as well as life long learning, foreign languages, educational and health related programs (featured in our Lunch & Learn Series) were desired by some of you and over the year classes have been added to our schedule to address your wishes. So please keep in touch.

Thanks to the Friends this will be the second edition of the newly formatted Compass being sent to a wider range of residents. It is through the hard work of this group that this is possible and I think they deserve our "applause".

Happy Spring,

*Jamie*

### GET THE NEWS FIRST! Join our E-mail list

Save paper and receive the Compass monthly via e-mail. To add your name to our growing list, simply e-mail us at: [Seniorcenter@town.needham.ma.us](mailto:Seniorcenter@town.needham.ma.us)

# SHINE UPDATE

## EXTRA HELP TO PAY FOR PRESCRIPTION DRUGS

You can get “extra help” to pay for prescription drugs, if you are on Medicare and have limited income and assets. If you qualify, this “extra help” will make your monthly premiums, deductibles and co-payments much lower.

If your annual income is below \$15,312 (\$1,276/month) for an individual or \$20,532 (\$1,711/month) for a married couple living together, you may not have to pay monthly premiums or deductibles, and you could pay as little as \$2.15 for your co-payments.

To qualify, your assets must be limited to \$11,710 for an individual (\$23,410 for a couple). Assets include such things as bank accounts, stocks and bonds, but **not** your house and car.

Get an application or apply over the phone by calling Social Security at **1-800-772-1213** (TTY **1-800-325-0778**), or apply online at **[www.socialsecurity.gov](http://www.socialsecurity.gov)**.

If you need help, SHINE offers free, unbiased one-on-one counseling at your local Senior Center. Call and ask for a SHINE appointment. You can reach a SHINE counselor by phone at 1-781-453-8076. If you get the SHINE answering machine, leave your name and number. A counselor will return your call.

## MYSTERY MONDAY LUNCHES

**Monday May 7, 14\*, 21 • Departs the Senior Center at 11:30 am**

Did you know that since June 5, 2007, the Mystery Monday Lunch Bunch has enjoyed dining in cities and towns from Newton to Sherborn?

Do you like to eat out? Would you like to meet new people or reconnect with an old friend? Join us on the Mondays listed above for a Mystery Ride in the COA van. Call the Senior Center, speak with the receptionist, and sign up today. You will pay the driver \$5.00 and also for the cost of your meal. Reserve your place by signing up at 781-455-7555.

## POOL TOURNAMENT WINNER

We would like to congratulate Richard Carey, April's Pool champ winner!

## DID YOU KNOW?

The Eat Well/Be Fit Committee is going to be taking part in the NBA Street Fair on the Town Common this year! The Street Fair is on Saturday, June 2, 2007, from 9-3 PM rain or shine. We will have a couple of tables located on Chapel Street. The Committee will be holding a few brief 10-minute talks, which will be given by nutritionists, on healthy eating for seniors and exercise tips, etc. We may also have some cooking demonstrations and some free samples to try! You will also see the new Needham Farmer's Market. Hope you can stop by and join us!

## DONATIONS RECEIVED

The Friends of the Needham Elderly, Inc. would like to thank the following individuals, who have made monetary donations above and beyond membership dues. Your generosity is truly appreciated.

- |                    |                           |                         |                            |  |
|--------------------|---------------------------|-------------------------|----------------------------|--|
| • Sybil Bower      | • Willard Hicks, Jr.      | • Ann and Irene MacFate | • Anne Parlato             | • Warren Wells   |
| • Richard Carter   | • Tom and Claire Hourihan | • Eileen MacQuarrie     | • Meg Shannon              | • Sandra Jaszek in memory of Doris Waldstein and Ruth Anderson |
| • John W. Cop      | • Robert Jeffery          | • Robert Mearls         | • Barbara Smith            |  |
| • Paulette Harwood | • Margaret Kokko          | • Priscilla Michie      | • Marilyn Susseguth        |  |
| • Helen Hicks      |                           | • Mary O'Connor         | • Dr. & Mrs. Thomas Weller |  |

## NEEDHAM COA DONATIONS

- Metro Total Care Griswold
- Leo Treggiari
- Vangelina Miragaeas

### In Kind Donations

- Brighton Gardens for sponsoring the “Healthy Living for the Mind, Body and Spirit Series” and our “It’s Friday Entertainment Live Program”.

- Starbucks for our daily supply of treats.
- Briarwood for sponsoring Animal Adventures during our Needham Senior Center Intergenerational Week.

# THE COMPUTER CENTER

at the  
Needham Senior Center

## COMPUTER CLASS HOW TO USE THE INTERNET

**Wednesdays,  
10 am-12 pm**

**May 16, 23, and 30**

In this hands on, 3 session class, you will learn how to utilize the capabilities of the internet! To register for the class call the COA at 455-7555.

## COMPUTER LESSONS

Would you like to learn about computers in a one-on-one session with an instructor? Lessons are held on Thursdays and Fridays from 12-3 pm (by appointment). There is no fee for this class. To make a 45 minute appointment call the COA at 455-7555

## BOUTIQUE UPDATE

Starting May 1, 2007 we will stop collecting items for the boutique to sell. Spring is a time for cleaning out and re-assessing what our needs and goals should be. Thank you to all who donated items to the Boutique and Bake Sales. In the fall we will be in touch again. Have a restful and fun-filled spring and summer. With thanks, The Boutique Committee.

## FRENCH FOR BEGINNERS

**Tuesdays, 12:30 - 1:30**

**May 8, 15, 22, 29 and June 5, 12**

at the Needham Senior Center

Bonjour! Please join us for this new and exciting opportunity to learn French. During this six week class you will have fun while learning practical French conversation. The class is interactive and will teach you how to order food in French restaurants; you will also learn common French greetings and questions to ask when traveling. Pronunciation and basic French grammar will be covered. Your instructor Ms. Maureen Mahoney, a Needham resident grew-up in Waltham and attended Brandeis University. She also lived in Paris and the French Riviera. She is fluent in teaching French and Italian. Fee for the class is \$24.00. To sign-up please call the Needham Senior Center at (781) 455-7555

## MEET THE NEW SUPERINTENDENT OF SCHOOLS

**Tuesday, May 8th • 1:30 - 2:30pm**

At the Needham Senior Center

This is an opportunity to meet the new Superintendent of Schools and to ask your questions. Discuss the quality of the Needham Public Schools, and share with him ways that he and the school system can interact with the Senior Center.

## READING MUSIC FOR BEGINNERS

**Thursday, May 10th and 17th  
2:30 - 3:30 pm**

Location: Avery Crossings Assisted Living  
110 West Street • Needham

Bruce Claflin, a Needham resident, will be your instructor. In two easy lessons you will be on your way to reading music. The vocabulary of music – notes of the alphabet – once you learn the notes it's like reading a book! Avery Crossings has agreed to lend us one of their beautiful rooms to accommodate

this class. Fee for the class is \$8.00. To sign-up please call the Needham Senior Center at (781) 455-7555

## MOTHER'S DAY CELEBRATION

**Wednesday, May 9th**

**1:30-2:30 pm**

Music by Miriam Kronish

Calling all mothers, moms, ma's and mums. The Senior Center would like to invite you to an afternoon tea. We will reminisce about our own mothers and about our lives as a mother. Please feel free to bring pictures of your mother and/or yourself as a young mother. Miriam Kronish will entertain us with her lovely piano playing. Please call the Needham Senior Center to sign-up at (781) 455-7555.

## IT'S FRIDAY ENTERTAINMENT LIVE WITH "JOHN O'NEIL"

**Friday, May 25, 2007 • 1:30 –  
2:30 pm**

At the Needham Senior Center

LULLABY FOR BROADWAY – Broadway will never be the same by the time John O'Neil, one of New England's finest cabaret actors, is finished. Forget "Whatever Happened to Mabel". Whatever happened to Broadway is foremost on John O'Neil's mind as he takes you on a hilarious romp through old Boston, Broadway past and present. Lullaby for Broadway was a featured presentation of FIRST NIGHT BOSTON 2005. Reviewers have called John's newest show "a perfect mix of standup comedy, song and personal anecdote" and "hands down the best cabaret of the year." Please call the Needham Senior Center to sign-up at (781) 455-7555.



# RESOURCES AROUND TOWN

## MAY KEEP WELL CLINICS

The Keep Well Clinics, staffed by nurses from the VNA Care network, Inc. and the Needham Board of Health, meet on Wednesdays at the following locations:

**May 2nd • 10:30am-12:00pm**

Seabed's Way Community Room (BOH)

**May 2nd and 16th • 9am-12pm**

Senior Center

**May 23rd • 10:30 am-12:00 pm**

at the Linden &

Chambers Community Room (BOH)

## AFTERNOON CAREGIVER SUPPORT GROUP

Needham Council on Aging and Senior Center

This group is for anyone providing care and assistance to a parent, spouse or friend. You are not alone. Come meet with others, share ideas and give support to one another. For date and time call LaTanya Steele, Social Worker, (781) 455-7555 ext. 208

## THE NEEDHAM COMMUNITY COUNCIL

Provides transportation to and from local errands, medical appointments and monthly trips to the Natick mall. They also have a medical loan closet. Call 781-444-2415.

## THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at 1-800-922-2275. For more info. call the Needham COA at 455-7555.

## THE NEEDHAM RETIRED MEN'S CLUB

Meets on 2nd and 4th Tuesday of each month at the Presbyterian Church, 1458 Great Plain Avenue. This month's meetings will be on the 8th and 22nd.

## SENATOR SCOTT BROWN

**May 22nd at 10:15**

Senator Scott Brown or a member of his staff will be available to hear your concerns and answer any questions about State Government you may have.

## BALLROOM DANCING

**Thursdays • 2-3 pm**

Location: The YMCA • 380 Chestnut Street • Needham

New 4-week class to start in May! Cost of the class is \$16.00 for all 4 sessions. For dates of the class please call the Needham Senior Center, (781) 455-7555.

## BETTER BALANCE

**Wednesdays • 2:30-3:30 pm**

Please call the Senior Center for Dates

Leslie Worris, MPH and President of the Wellness Alliance has taught this course for years and is excellent. During the class Leslie provides each participant with individual attention to improve their balance and gain strength. During the class she also teaches how stress and medication affect balance. Cost of the program is \$40 for an 8-week class. For more information including dates call the Senior Center at (781) 455-7555.

## THERE'S A NEW SENIOR CENTER IN OUR FUTURE!

**AND WE'RE GOING TO NEED A LOT OF HELP.**

By we, we mean the FRIENDS of Needham Elderly. We are the fundraising group responsible for the funding of the Compass, and are the primary group relied upon to raise money for the new senior center. If you are a member, we thank you. If you added a donation, we salute you. If you intended to join, but simply didn't get around to it, we hope this will be a reminder. Please use the form below to join or to renew your membership for 2007.

### Friends of the Needham Elderly, Inc. 2007 MEMBERSHIP FORM

Join the *Friends of the Needham Elderly* and help support the many programs of the Needham Council on Aging.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Street: \_\_\_\_\_

Town: \_\_\_\_\_

State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Membership:  
\$25.00 (per household)

Please make check payable to Friends of the Needham Elderly, Inc. and mail to:  
Friends of the Needham Elderly  
83 Pickering Street  
Needham, MA 02492

**Thank you for your support!**

## VOLUNTEER OPPORTUNITIES

**Penny Gordon,  
Volunteer Coordinator  
(781) 455-7555**

As town residents gather this month for Town Meeting, we are starting to plan for the next major gathering which will be the Town's Annual 4th of July Celebrations. Watch for sign up opportunities in the June *Compass* to participate in the Senior Center float for the parade.

## THE SENIOR CENTER NEWSLETTER

*Compass*

Labeling and Collating  
**Tuesday, May 22nd at  
9:15 am at  
The Needham  
Senior Center**

Please join us for a morning of light work and good fun, as we get the newsletter ready for mailing!

## COA MOVIE FLICK AT 1:00

### THE NIGHT AT THE MUSEUM, 2006

**Friday, May 4th**

The new night watchman at New York's Museum of Natural History finds that guardianship of the museum is far from stable. Ben Stiller, Robin Williams, Mickey Rooney and Dick Van Dyke.

### BACHELOR MOTHER

**Friday, May 11th**

A young unmarried woman stops to take a peek at an abandoned baby on the steps of an orphanage. Starring Ginger Rogers and David Niven.

### THE QUEEN, 2006

**Friday, May 18th**

The British prime minister and the Royal Family find themselves quietly at odds in the wake of a national tragedy in this drama from director Stephen Frears.

### PRINCESS COMES ACROSS

**Monday, May 14th**

When an ex-cabaret performer from Brooklyn poses as a princess during a transatlantic trip, she must divulge her true identity. Starring Carole Lombard and Alison Skipworth.

### DREAMGIRLS, 2006

**Monday, May 21**

In 1960's Detroit, a good night on stage can get you noticed but it won't get your song played on the radio. These songs were about more than what is on the surface and everyone is bound together by shared dreams.

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# MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>CALENDAR OF PROGRAMS AND EVENTS</div> <div>Needham Council on Aging and Senior Center 83 Pickering Street Needham, MA 02492 781-455-7555 www.town.needham.ma.us</div>	<div>1</div> <div>9:15 Yoga</div> <div>9:15 Women's Drop-in Bridge</div> <div>9:30 Chronic Disease Self-Management Information Session #3</div> <div>10:30 Creative Writing Group</div> <div>11:45 Lunch: Orange Almond Chicken or Chef Salad</div> <div>12:30 Ping-Pong</div> <div>1:30 Women's Cribbage</div> <div>1:30 FRIENDS Meeting</div> <div>1:30 Canasta</div>	<div>2</div> <div>9:00 Exercise</div> <div>9-12 Keep Well Clinic</div> <div>10:00 Hearts Card Game</div> <div>10:30 Songsters</div> <div>11:45Lunch: Pork Stir Fry or Seafood Salad Sandwich</div> <div>12:15Weight Watchers</div> <div>1:30 Reading Comes Alive</div> <div>2:30 Better Balance</div>	<div>3</div> <div>9:30 SHINE Meeting</div> <div>10:00 Whist</div> <div>10:00 Knitting</div> <div>10:30Piano Lessons</div> <div>11:45Lunch: Broccoli or Chicken Salad Sandwich</div> <div>12:00Computer Lessons</div> <div>12:00Temple Beth Shalom Luncheon Chinese Food</div> <div>12:30 Ping-Pong</div> <div>1:00 Duplicate Bridge</div> <div>1:00 Men's Cribbage</div> <div>2:00 Ballroom Dancing #1</div>	<div>4</div> <div>9:15 Basic Spanish Class</div> <div>9:15 Quilting</div> <div>10:30Exercise (Park &amp; Rec. Dept)</div> <div>11:00Walking Club at Needham</div> <div>11:45Lunch: Turkey Tetrazini or Egg Salad Sandwich</div> <div>12:00Computer Lessons</div> <div>1:00 Board Games</div> <div>1:00 Movie:The Night at the Museum</div>
<div>7</div> <div>9:00 Tai Chi</div> <div>9:15 Exercise (Park &amp; Rec.) #2</div> <div>10:15Yoga (Park &amp; Rec.) #2</div> <div>10:00Matter of Balance</div> <div>10:00Walking Club at Wellesley</div> <div>11:30Mystery Lunch Trip</div> <div>11:45Lunch: Pot Roast or Chicken Patty sandwich</div> <div>1:00 Advisory Committee</div> <div>1:15 Living with Loss</div> <div>2:00 Art Matters "Van Gogh" #2</div>	<div>8</div> <div>9:15 Yoga</div> <div>9:15 Women's Drop-in Bridge</div> <div>9:30 Chronic Disease Self-Management Information Session #3</div> <div>10:30 Current Events Group</div> <div>11:45Lunch: Stuffed Shells or Roast Beef and Cheese Sandwich</div> <div>12:30 Ping-Pong</div> <div>12:30French for Beginners</div> <div>1:30 Women's Cribbage</div> <div>1:30 Canasta</div> <div>1:30 Meet the New School Superintendent</div>	<div>9</div> <div>9:00 Exercise</div> <div>10:00 Hearts Card Game</div> <div>10:30 Songsters</div> <div>11:45Lunch: Hot Dog or Tuna Salad Sandwich</div> <div>12:15Weight Watchers</div> <div>1:30 Mother's Day Celebration</div> <div>NO BETTER BALANCE CLASS TODAY</div> <div>NO READING COMES ALVIE TODAY</div>	<div>10</div> <div>10:00 Whist</div> <div>10:00 Knitting</div> <div>10:30Piano Lessons</div> <div>11:45Lunch: Chicken Tarragon or Turkey and Swiss Sandwich</div> <div>12:00Computer Lessons</div> <div>12:30 Ping-Pong</div> <div>1:00 Duplicate Bridge</div> <div>1:00 Men's Cribbage</div> <div>2:00 Ballroom Dancing #1</div> <div>2:30 Reading Music for Beginners part I of II #3</div> <div>7:15 COA Board Meeting</div>	<div>11</div> <div>9:15 Basic Spanish Class</div> <div>9:15 Quilting</div> <div>10:30Exercise (Park &amp; Rec. Dept)</div> <div>11:00Walking Club at Needham</div> <div>11:45Lunch: Mother's day Special, Baked seafood Au Gratin, rice pilaf, green beans and ambrosia</div> <div>12:00Computer Lessons</div> <div>1:00 Board Games</div> <div>1:00 Movie: Bachelor Mother</div>
<div>14</div> <div>9:00 Tai Chi</div> <div>9:15 Exercise (Park &amp; Rec.) #2</div> <div>10:15Yoga (Park &amp; Rec.) #2</div> <div>10:00Step #1 Matter of Balance</div> <div>10:00Walking Club at Wellesley</div> <div>11:30Mystery Lunch Trip</div> <div>11:45Lunch: Chicken Cacciatore or Egg Salad Sandwich</div> <div>1:00 Movie: Princess Comes Across</div>	<div>15</div> <div>9:15 Yoga</div> <div>9:15 Women's Drop-in Bridge</div> <div>9:30 Chronic Disease Self-Management Information Course #3</div> <div>10:30 Creative Writing Group</div> <div>11:45Lunch: Baked stuffed Salmon or Chicken Salad Sandwich</div> <div>12:30 Ping-Pong</div> <div>12:30French for Beginners</div> <div>1:30 Women's Cribbage</div> <div>1:30 Canasta</div>	<div>16</div> <div>9-12 Keep Well Clinic</div> <div>9:00 Exercise (Park &amp; Rec.)</div> <div>10:00Computer Class "How to Use the Internet"</div> <div>10:00 Hearts Card Game</div> <div>10:30 Songsters</div> <div>11:45Lunch: Roast Turkey or Seafood Salad Sandwich</div> <div>12:15Weight Watchers</div> <div>1:30 Reading Comes Alive</div> <div>2:30 Better Balance</div>	<div>17</div> <div>9:15 Triad</div> <div>10:00 Whist</div> <div>10:00 Knitting</div> <div>10:30Piano Lessons</div> <div>11:45Lunch: Baked Macaroni or Tuna Salad Sandwich</div> <div>12:00Computer Lessons</div> <div>12:30 Ping-Pong</div> <div>1:00 Duplicate Bridge</div> <div>1:00 Men's Cribbage</div> <div>2:00 Ballroom Dancing #1</div> <div>2:30 Reading Music for Beginners part II of II #3</div> <div>Trip to Lighthouse Inn, New London, CT</div>	<div>18</div> <div>9:15 Basic Spanish Class</div> <div>9:15 Quilting</div> <div>10:00 Low Vision Group</div> <div>11:00Walking Club at Needham</div> <div>11:45Lunch: Rotini Pasta and red sauce or Turkey and Cheese Sandwich</div> <div>12:00 Computer Lessons</div> <div>1:00 Movie "The Queen"</div> <div>NO EXERCISE CLASS TODAY</div>
<div>21</div> <div>9-4 Pool Tournament Part I of II</div> <div>9:00 Tai Chi</div> <div>9:15 Exercise (Park &amp; Rec.) #2</div> <div>10:15Yoga (Park &amp; Rec.) #2</div> <div>10:00Step #1 Matter of Balance</div> <div>10:00Walking Club at Wellesley</div> <div>11:30Mystery Lunch Trip</div> <div>11:45Lunch: Pier 17 fish or Roast Beef and Cheese Sandwich</div> <div>1:00 Movie: Dreamgirls</div>	<div>22</div> <div>9:15 Collate the Compass</div> <div>9:15 Yoga</div> <div>9:30 Chronic Disease Self-Management Information Course #3</div> <div>10:15 Senator Brown's Aide</div> <div>10:30 Current Events Group</div> <div>11:45 Lunch: Salisbury Steak or Seafood Salad Sandwich</div> <div>12:30 Ping-Pong</div> <div>12:30French for Beginners</div> <div>1:30 Women's Cribbage</div> <div>1:30 Canasta</div> <div>NO WOMEN'S DROP-IN BRIDGE TODAY</div>	<div>23</div> <div>9-4 Pool Tournament Part II of II</div> <div>10:00Computer Class "How to Use the Internet"</div> <div>10:00 Hearts Card Game</div> <div>10:30 Songsters</div> <div>11:45Lunch: Cheese Lasagna or Chicken Patty Sandwich</div> <div>12:15Weight Watchers</div> <div>2:30 Better Balance</div>	<div>24</div> <div>10:00 Whist</div> <div>10:00 Knitting</div> <div>10:30Piano Lessons</div> <div>11:45Lunch: Chicken Paprika or Egg Salad Sandwich</div> <div>12:00Computer Lessons</div> <div>12:30 Ping-Pong</div> <div>1:00 Duplicate Bridge</div> <div>1:00 Men's Cribbage</div> <div>2:00 Ballroom Dancing #1</div>	<div>25</div> <div>9:15 Quilting</div> <div>10:30Exercise (Park &amp; Rec. Dept)</div> <div>11:00Walking Club at Needham</div> <div>11:45Lunch: Roast Pork or Turkey and Cheese Sandwich</div> <div>12:00Computer Lessons</div> <div>1:30 It's Friday, Entertainment Live with John O'Neil</div> <div>NO BOARD GAMES TODAY</div> <div>NO MOVIE TODAY</div>
<div>28</div> <div>THE SENIOR CENTER IS CLOSED IN OBSERVANCE OF MEMORIAL DAY</div>	<div>29</div> <div>9:15 Yoga</div> <div>9:15 Women's Drop-in Bridge</div> <div>9:30 Chronic Disease Self-Management Information Course #3</div> <div>10:30 Creative Writing Group</div> <div>11:45Lunch: Lemon Dijon Chicken or Turkey Salad sandwich.</div> <div>12:30 Ping-Pong</div> <div>12:30French for Beginners</div> <div>1:30 Women's Cribbage</div> <div>1:30 Canasta</div>	<div>30</div> <div>9-4 Pool Tournament Part II of II</div> <div>10:00Computer Class "How to Use the Internet"</div> <div>10:00 Hearts Card Game</div> <div>10:30 Songsters</div> <div>11:45Lunch: Beef Stew or Seafood Salad Sandwich</div> <div>12:15Weight Watchers</div> <div>2:30 Better Balance</div>	<div>31</div> <div>10:00 Whist</div> <div>10:00 Knitting</div> <div>10:30Piano Lessons</div> <div>11:45Lunch: Vegetable Cheese Quiche Or Ham and Swiss Cheese Sandwich</div> <div>12:00Computer Lessons</div> <div>12:30 Ping-Pong</div> <div>1:00 Duplicate Bridge</div> <div>1:00 Men's Cribbage</div> <div>2:00 Ballroom Dancing #1</div>	<div>Offsite Locations of Programs</div> <div>#1 Charles River YMCA 380 Chestnut Street</div> <div>#2 Needham Public Library 1139 Highland Avenue</div> <div>#3 Avery Crossings Assisted Living 110 West Street</div> <div>Please Note: Items in bold indicate that sign-up is required.</div>



**COUNCIL  
ON AGING**  
Needham

## STEPHEN PALMER SENIOR CENTER

83 Pickering Street  
Needham, MA 02492  
781-455-7555

## SENIOR CENTER DROP-IN HOURS:

9:00 am - 4:00 pm  
Monday thru Friday

### Council on Aging Board Members

Susanne Hughes  
*Chairman*

Carol deLemos  
*Vice Chair*

Roma Jean Brown

Morrie Dettman

Colleen Schaller

Dan Goldberg

Helen Hicks

Andrea Rae

Derrek Shulman

Nina Silverstein

Betsy Tedoldi

Mary Elizabeth Weadock

# SUMMER TRIPS!!

## THE LIGHTHOUSE INN

### Thursday, May 17, 2007

The Inn is an American Classic, boasting fine service, distinguished cuisine, and elegant surroundings. A turn of the century millionaire's dream home overlooking Long Island Sound. Lunch includes your choice of Baked Scrod or Chicken Marsala. Cost of the trip is \$58.00 per person. For reservations please contact Jeanne Blakeney at (781) 455-7555, Tuesday - Thursday 9:30 - 3:30.

June 20, 2007	Deerfield Inn & Cruise	\$56.00
July 19, 2007	Bay Queen Cruise, Narragansett Bay to Newport	\$56.00
August 17, 2007	Lobster Fest at Captain Jack's in Gallilee, RI	\$58.00

## GENERATIONS

Would you like to meet new friends that are within your own generation? Meet once a month or more at the Needham Council on Aging to plan social events that are of special interest to you and your peers! We are also looking for volunteers to lead or co-lead the following Club Generations Groups.

Ages: 60-69, 70-79, 80-89, and 90+

For more information contact Sherry Jackson at the Needham Senior Center, 455-7555

## WALKING CLUB

Would you like company on your walks? This is an intermediate walking club. If you can walk 2-4 miles and walk 1 mile in about 15 - 20 minutes, then this walking club is for you. We have also joined forces with the Wellesley Walking Club. We walk on some of the best trails in the area. We also explore trails outside the local area, offering transportation via our van. For dates, times and more information call Sherry Jackson, Associate Director at the Needham Council on Aging, (781) 455-7555 ext.205

## VISIT US ONLINE AT: [www.town.needham.ma.us/coa](http://www.town.needham.ma.us/coa)

Read this newsletter in your choice of easy-to-read formats.

## FRIENDS OF THE NEEDHAM ELDERLY, INC.

83 Pickering Street  
Needham, MA 02492

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